

Face Your Fears

PTSD Treatments Work

There are currently about 8 million people in the United States with Posttraumatic Stress Disorder (PTSD), including U.S. Army Veteran Scott Richards. Even though PTSD treatments work, most people who have PTSD don't get the help they need. Thankfully, Scott chose to get the help he needed.

In 1989, Scott medically retired from the Army after suffering from a Traumatic Brain Injury (TBI). He then chose to get care at the Butler VA Health Care System for PTSD and drug/alcohol addiction. He received one-on-one counseling at the Abie Abraham VA Clinic as well as inpatient treatment at the Butler VA's Domiciliary.

Choosing Treatment

No one treatment is right for everyone. What Scott found the most helpful for him in his recovery efforts was the variety of options available for his individual needs, two of which included Cognitive Processing Therapy (CPT) and specific Cognitive Behavioral Therapies (CBTs) for PTSD.

- CPT teaches you to reframe negative thoughts about the trauma. It involves talking with your provider about your negative thoughts and doing short writing assignments.
- CBTs include a limited number of psychotherapies shown to work for PTSD where the provider helps you learn how to change unhelpful behaviors or thoughts.

Veterans, talk with your health care team to determine which treatment is best for you.

Trust the Process

Some people are uncomfortable with the idea of seeking PTSD treatment because of concerns with stigma or worries about having to talk about difficult life experiences. For Scott, the most challenging aspect was trust; his ability to trust others, especially with his emotions.

The "how" of it all for Scott came down to three things:

- 1) Honesty: Being honest with himself and others
- 2) Open Mindedness: Learning to listen to the experts
- 3) Willingness: Putting into practice what he had learned

"I encourage other Veterans to trust the process, it works. And, trust the staff, they care. I found a truly knowledgeable and caring staff both at the main facility and the Domiciliary."

Don't Suffer in Silence

PTSD treatment and other mental health treatments are available at the Butler VA. Talk to your health care team today. Learn more at www.va.gov/butler-health-care/health-services/mental-health-care/.



Effective PTSD Treatments

The Butler VA operates a comprehensive behavioral health program for Veterans struggling with a wide range of emotional, readjustment, and behavioral health issues including post-traumatic stress disorder (PTSD). Effective treatments are available (even if you have been living with symptoms for years)!

Enroll today! www.choose.va.gov.

June is PTSD Awareness Month

Help us spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.





HAPPY PRIDE MONTH!

Here at VA, our doors are always open to all Veterans. VA has specific expertise in caring for LGBTQ+ Veterans and understanding their unique triumphs, challenges, and health concerns. We want our Veterans to know that we provide comprehensive care for LGBTQ+ Veterans, including routine health services, mental health care, and hormone therapy. Know that your Pride Counts at VA!

Learn more by visiting www.va.gov/butler-health-care/health-services/lgbtq-veteran-care/ or calling the Butler VA LGBTQ+ Veteran Care Coordinator today: 724-290-9072.

SLEEP WELL THIS SUMMER

Getting high quality sleep is key for good health. Sleeping well is just as important as exercise and eating wisely.

One in three people have problems sleeping at some point in their lives. There's a big difference between one night of poor sleep and trouble that persists. If your sleep trouble goes on for months, you may have a sleep disorder.

The two most common sleep disorders are: Insomnia Disorder and Obstructive Sleep Apnea Disorder. Effective treatments are available for both. Talk to your health care team to learn about alternatives to sleep medications, including remote insomnia treatment options.

Concerned about your sleep? VA's Sleep Check-Up tool can help you understand it: <https://www.veterantraining.va.gov/checkup/index.asp>



WOMEN'S HEALTH NUTRITION PROGRAM

Interested in creating a healthier lifestyle with other women Veterans? Join us!

- Individual Nutrition Education/Counseling: Meet one-on-one with the Butler VA's Women's Health Registered Dietitian
- Perinatal Support/Education Group: Meet (virtually) with other women who are pregnant through one-year postpartum
- Women's Health MOVE! Program: Join VA's weight management, health promotion program...just for women.
- Women's Health Healthy Teaching Kitchen Cooking Classes: Join a four-week cooking class series, held virtually every other month with different themes or topics. Meals in minutes!
- Women's Health Community Garden: Learn and grow with fellow female Veterans by helping to care for a garden (and receive produce when ripe)! Attend healthy teaching kitchens to also learn different ways of using the produce grown.

For more information, contact the Butler VA's Women's Health Dietitian Mary-Kate Nelson at 724-431-8368.

SALUTE YOU

Thank you for your service

ROBERT SIESS

U.S. ARMY AIR FORCE



World War II Veteran Robert Siess was a first lieutenant with the Medical Air Corps and served as a hospital adjutant on Air Force bases. He turned 100-years-old last month. Happy Birthday Robert!

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Butler VA Health Care System



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Let us "Salute You!" Contact the Butler VA Public Affairs Office for more information.

